support groups offer respite

Davis County Senior Services, together with the Alzheimer's Association, is offering monthly dementia caregiver support groups. These support groups are for individuals who care for family members with dementia. An exciting new addition is the partnership with Burchcreek Homecare and Hospice to offer free caregiver respite during the support groups.

The one hour support groups and respite are offered monthly at three different locations. The monthly schedule is as follows:

- North Davis Senior Activity Center 42 South State Street, Clearfield Contact: Linda at 801-525-5069 or 801-525-5067 1st Wednesday of the month, 3-4 p.m.
- Autumn Glow Senior Activity Center 81 East Center Street, Kaysville Contact: Linda at 801-525-5069 or 801-525-5067 2nd Tuesday of the month, 3:30-4:30 p.m.
- Golden Years Senior Activity Center 726 South 100 East, Bountiful Contact: Megan at 801-525-5088 3rd Tuesday of the month, 3:30-4:30 p.m.

Dementia caregiver Caregiver educational classes continue

Davis County Health Department's Family Caregiver Support Program continues its second half of the eight week series of classes for individuals who care for family members that are older and/or frail.

The one hour classes are offered at two different locations. On Tuesdays, the classes are held at the Legacy Village Assisted Living Center (1201 N. Fairfield Rd, Layton) at noon. On Fridays, the classes are held at the Golden Years

Senior Activity Center (726 S. 100 E., Bountiful) at 11:30 a.m. A complimentary lunch is provided at each class but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

The final set of classes ends Tuesday, Feb. 26, or Friday, March 1.

For more information or to RSVP for lunch, please contact Megan Forbush at (801) 525-5088.

Davis County Health

Department's Senior Services thanks the following agencies for helping to sponsor these classes: South Davis Home Health and Hospice, and Thatcher Brook Home Health and Hospice.

Class schedule is:

- Feb. 5 and 8: "Calm, Cool, and Collected" CJ Benson and Denise Cook, South Davis Home Health & Hospice
- Feb. 12 and 15: "Community Resour-

ces"- Megan Forbush, **Davis County Senior** Services

- Feb. 19 and 22: "Nutrition for Seniors" -Bonnie Athas, Davis County Health Department
- Feb. 26 and March 1: "Healing Art of Music" - Michelle Johnson, Thatcher **Brook Home Health** and Hospice.



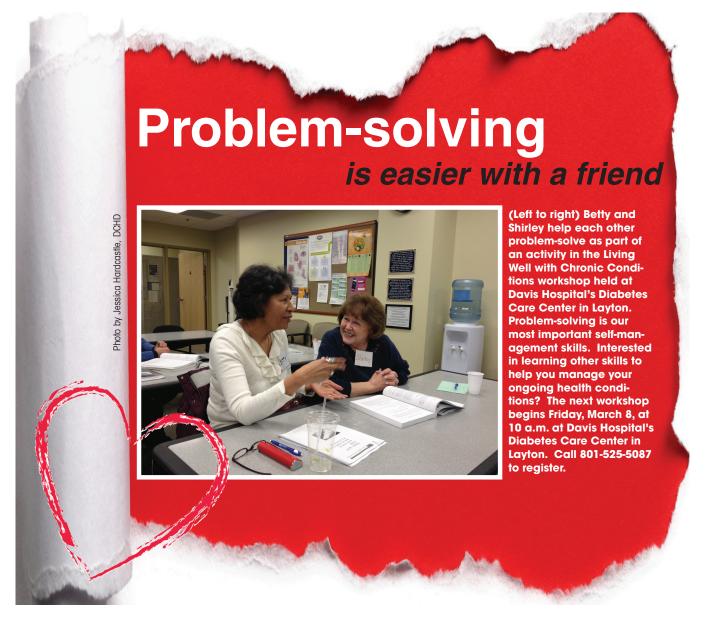
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All issues of Senior Scoop are available at http://www.daviscountyutah.gov/senior scoop



Losing weight and getting healthier

American Heart Association, www.heart.org

Obesity takes toll on your health. If you're carrying around extra weight, you're not alone. Between 60 and 70 percent of Americans are overweight or obese, which means they're 20 percent or more above their ideal weight.

The problem is simple: Too much food combined with too little regular physical activity can lead to unhealthy weight gain and obesity. But the life-threatening health problems caused by obesity aren't simple at all.

Being obese puts a huge strain on your heart, increasing the work it has to do. Too much weight raises your risk for heart disease, stroke, diabetes and cancer. It also raises your blood pressure and blood cholesterol and triglyceride levels, and lowers HDL (good) cholesterol levels. It can make diabetes more likely to develop, too.

"Patients who are obese also can have obstructive sleep apnea that can lead to pulmonary hypertension (high blood pressure in the lungs)," said Robert H. Eckel, M.D., an American Heart Association volunteer and professor of medicine and physiology and biophysics at the University of Colorado Anschutz Medical Campus. "The risk for pulmonary embolism, or blood clots that break loose from the pelvis or legs, is also higher."

Getting Healthier

If you're not sure if you weigh too much, start by learning your body mass index or BMI which is a good indicator of whether you're at a healthy weight.

The next step is to remember that losing the weight isn't hopeless. Even dropping as few as 10 pounds can lower your risk of heart disease and help you feel better. Keep losing weight, and you'll probably experience fewer joint and muscle pains, regulate your blood pressure, reduce the burden on your heart and circulatory system and even sleep better.

The initial emphasis should be placed on eating less," Dr. Eckel said. "A deficit of 500 calories a day predicts one pound lost per week. More physical activity is also important but perhaps more so to maintain the weight loss once the weight is down."

Here are tips for healthier eating and working physical activity into your routine. Start small and don't get discouraged.

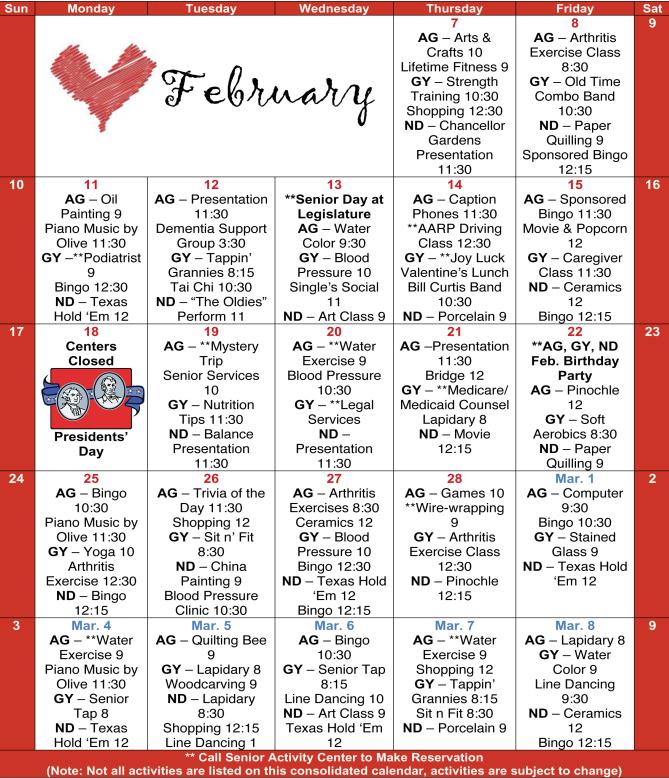
- Visit the American Heart Association's (AHA) website to learn to use nutritious ingredients and follow a healthy preparation routine
- Use AHA's Healthy Diet Goal guidelines to make smart choices to benefit your heart and your overall health.
- Get tips on making heart-smart choices at the store.
- Learn to eat healthy when dining out.
- · Learn how to read and understand the nutrition facts and food labels to make healthier choices.

Getting Active

Even if you've never exercised – or if it has been years - it's easy to get active with

- Go out for a short walk before breakfast, after dinner or both. Start with 5-10 minutes and work up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- When walking, pick up the pace from leisurely to brisk. Choose a hilly route. When watching TV, sit up instead of lying on the sofa. Or stretch. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV and hide the remote
- Stand up while talking on the telephone.
- Walk the dog.
- Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.
- Stretch to reach items in high places and squat or bend to look at items at floor level.
- Keep exercise equipment repaired - and use it.

Although it's never too late to get healthier, "the bottom line is that obesity needs to be prevented," Dr.



AG ~ Autumn Glow (801) 544-1235 81 East Center Street Kaysville, UT 84037

GY ~ Golden Years (801) 295-3479 **726 South 100 East Bountiful, UT 84010**

ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015







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